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War Food Administration  
Food Distribution Administration  
Nutrition and Food Conservation Branch

September 1943

### INDUSTRIAL NUTRITION SERVICE

Instead of being armchair military strategists, we can help in the war effort by being lunchchair strategists and change our food buying and eating habits as food supplies change on the home front.

In a war where food is as important as ammunition, one food may be scarce at one time and plentiful at another. It is good strategy to know what to eat in place of a food that is scarce, and to be ready to make full use of a food when it is plentiful. If some foods in each of the basic 7 groups are included in the diet every day, food needs for war workers can be supplied. We are fortunate in this country to have some of the foods in each of the following 7 food groups available Group 1, Green and yellow vegetables; group 2, oranges, tomatoes, and grapefruit; group 3, potatoes and other vegetables and fruits; group 4, milk and milk products group 5, meat, poultry, fish or eggs; group 6, bread, flour, and cereals; group 7, butter and fortified margarine.

It will be good strategy this fall and winter to buy, eat, and store sweetpotatoes, as there will be a plentiful supply throughout the country. If sweetpotatoes are used frequently in cafeteria and home menus, and are stored for future use wherever there is available a basement or other cool storage place, it will help to prevent waste of our country's sweetpotato supply. (Only cured sweetpotatoes are suitable for long storage, however.)

The production of sweetpotatoes is estimated at over 81,000,000 bushels, an increase of 15,000,000 bushels above last year's production. The local market news offices will provide information on supplies and price.

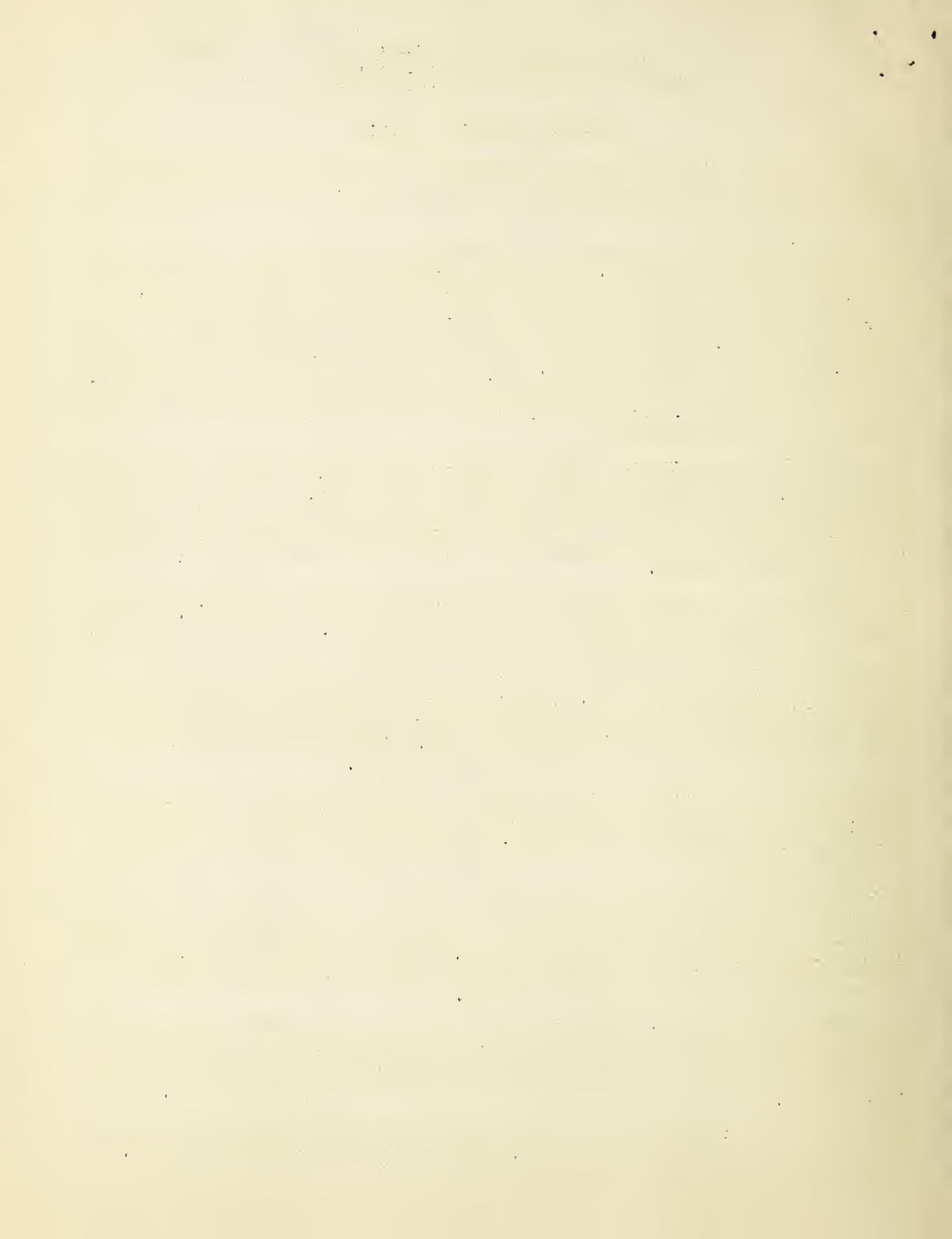
Sweetpotatoes are an especially good source of vitamin A, which is frequently lacking in the war worker's diet. An evidence of this lack of sufficient vitamin A in the war worker's meals is indicated by the results of a survey made among 1,173 war workers in a West Coast aircraft plant. Nearly every worker examined showed evidence of present or past vitamin A deficiency.

Vitamin A has many health protective values. Adequate amounts of this vitamin in the diet help to keep the mucous membranes in a healthy condition and help to maintain normal resistance to infections. Sweetpotatoes are not only a good source of vitamin A and C, but they also provide energy, and are a good source of iron and vitamin B1.

An average-sized sweetpotato should provide nearly all the vitamin A needs for the day. Other sources include leafy green and yellow vegetables, butter and enriched margarine, egg yolk and liver, milk and cheese. Among the fruits, apricots provide a large amount of vitamin A, Honeydew melon, cantaloup, tomatoes, and yellow peaches are also good sources of this vitamin.

Cafeterias and restaurants, boarding houses, and homes can provide variety and food values on their menus this fall and winter by using sweetpotatoes. The Nutrition in Industry Division of the Food Distribution Administration has prepared a number of menu suggestions and recipes for the use of sweetpotatoes in the war workers' meals.

Several of these menus make use of pork, which is now more plentiful than beef. Pork is one of the richest sources of vitamin B<sub>1</sub> in the diet, and is especially popular when combined with sweetpotatoes.



MENUS USING SWEETPOTATOES

- |      |                                                                                                                                                               |     |                                                                                                                                                                                   |
|------|---------------------------------------------------------------------------------------------------------------------------------------------------------------|-----|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| I.   | Shoulder roast of pork<br>Baked sweetpotatoes<br>Green beans<br>Raw carrot strips<br>Enriched rolls and butter<br>Baked lemon pudding<br>Coffee, tea, or milk | II. | Sausage cakes<br>Scalloped sweetpotatoes and apples<br>Sliced tomato and lettuce salad<br>Whole wheat bread and butter<br>Orange custard - Ginger cookies<br>Coffee, Tea, or Milk |
| III. | Baked ham<br>Glazed sweetpotatoes<br>Cabbage and green pepper salad<br>Cornbread and butter<br>Peach shortcake<br>Coffee, tea, or milk                        | IV. | Braised chicken<br>Baked sweetpotatoes<br>Buttered green peas<br>Green vegetable salad<br>Enriched rolls and butter<br>Cherry pie<br>Coffee, tea, or milk                         |
| V.   | Baked pork chops<br>Buttered carrots<br>Cabbage, tomato and green pepper salad<br>Whole wheat bread and butter<br>Sweetpotato pie<br>Coffee, tea, or milk     |     |                                                                                                                                                                                   |



## RECIPES FOR SWEETPOTATOES

## GLAZED SWEETPOTATOES

Ingredients	Amounts	
	6 portions	100 portions
Boiled sweetpotatoes	2 lbs.	30 lbs.
Light brown sugar	1 cup	4 lbs.
Fat	1 Tbsp.	1 lb.
Water	$\frac{1}{4}$ cup	1 qt.
Salt	$\frac{1}{2}$ tsp.	1 oz.

Size of portion = 6 oz.

1. Boil the sweetpotatoes until tender.
2. Peel the cooked sweetpotatoes and cut them in half lengthwise.
3. Make a sirup of the sugar, fat, salt, and water.
4. Put the sweetpotatoes cut side down in an oiled baking pan; pour the sirup over the potatoes.
5. Bake in a moderate oven (350°F.) for 1 to 1½ hours, basting occasionally with the sirup.

## SWEETPOTATO PIE

Ingredients	Amounts	
	1 pie	17 pies
Flour	2 1/2 tbsp.	10 oz.
Salt	1/2 tsp.	1 1/2 oz.
Sugar	2/3 cup	5 lbs.
Cinnamon	1/2 tsp.	1 oz.
Cloves	1/8 tsp.	2 tsp.
Allspice	1/4 tsp.	1/2 oz.
Mashed sweetpotatoes	1 cup	4 qts.
Eggs	2	30
Scalded milk	1 3/4 cups	7 qts.

Size of portion = 1/6 pie

1. Cook the sweetpotatoes in their jackets until tender.
2. Peel the sweetpotatoes and mash them until smooth..
3. Blend the sugar, flour, and spices together and add to the mashed sweet-potatoes.
4. Combine the slightly beaten eggs and the scalded milk with the potato mixture.
5. Pour into unbaked pastry shells. Bake in a 450° oven for 15 minutes, then reduce the temperature to 300° F. and continue baking for 45 minutes longer or until the filling is set.



## RECIPES FOR SWEETPOTATOES

## BAKED SWEETPOTATOES

Ingredients	Amount	
	6 portions	100 portions
Medium-sized sweetpotatoes	2 to $\frac{1}{2}$ lbs.	35 to 40 lbs.

1. Choose medium-sized sweetpotatoes of uniform shape so that the cooking time will be the same for all of them.
2. Scrub the potatoes thoroughly and place in a baking pan.
3. Bake in a hot oven (450° F.) from 45 minutes to 1 hour or until the potatoes are tender when pierced with a fork.
4. Serve hot in the skin with butter.

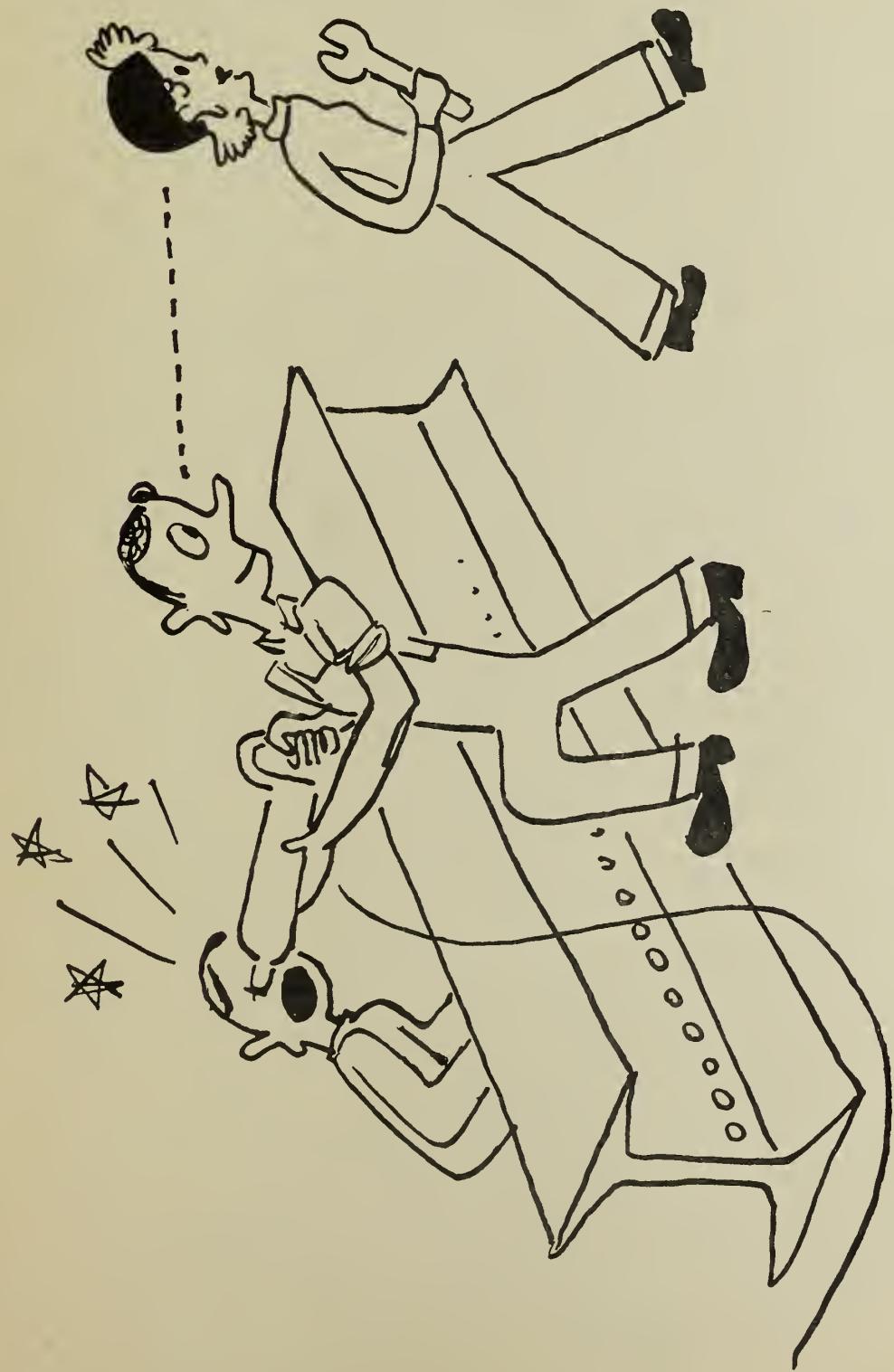
## Scalloped Sweetpotatoes and Apples

Ingredients	Amount	
	6 portions	100 portions
Tart apples, cored and peeled	1 lb.	16 lbs.
Sweetpotatoes, cooked and peeled	1 lb.	16 lbs.
Fat	2 tbsp.	1 lb.
Light brown sugar	1 cup	5 lbs.
Water	$\frac{1}{2}$ cup	1 $\frac{1}{2}$ qts.
Salt	$\frac{1}{2}$ tsp.	1 oz.

1. Peel and core the apples; cut in thin slices.
2. Peel and slice the cooked sweetpotatoes.
3. Make a sirup of the sugar, fat, water, and salt.
4. Put alternate layers of the sliced apples and sweetpotatoes into oiled baking pans and pour the sirup over them.
5. Bake in a moderate oven for about 1 $\frac{1}{2}$  hours or until the apples are tender.

Size of portion 6 oz.





Eat sweet potatoes for Vitamin A—  
it is needed for normal vision

